

Lifeguard and Instructor Camps are offered for those interested in becoming a certified American Red Cross Lifeguard or City of Covina Lifeguard/Instructor. Course also includes California Title 22 certification. To meet the qualifications for the City of Covina Lifeguard positions, individuals must successfully complete the Lifeguard Camp. Those interested in the Lifeguard/Instructor positions, must successfully complete both the Lifeguard and Instructor Camps.

Certification meets California Public Safety Lifeguard requirements. The certificate allows participants to apply for California's Non-Surf Lifeguard jobs and is required for municipal lifeguard applicants.

### **MANDATORY IN-WATER TEST –**

**Thursday, March 8, 5-7 pm at the Aquatics Center**



## **LIFEGUARD TRAINING**

All classes are 9 am-6 pm.

### **DATES**

Saturday, March 10

Saturday, March 17

Saturday, March 24

Saturday, April 7

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## **TITLE 22**

All classes are 4-8 pm.

## **DATES**

Monday-Thursday, May 7-10

## **INSTRUCTOR CAMP**

All classes are 9 am-6 pm.

## **DATES**

Saturday, May 12

Saturday, May 19

Saturday, June 2

**REGISTRATION INFORMATION**

**DEADLINES:**

Lifeguard Camp - Thursday, March 8 by 4 pm

Instructor Camp – Friday, April 20

**AGES:**

15 years or older

(Must be 15 by April 7, 2012, and must show proof of age at time of registration.)

**LOCATION:**

Michael D. Antonovich Aquatic Center, Covina Park Plunge, 301 N. Fourth Ave, Covina

**FEES:**

\$180 (Cost includes both camps and all class materials); or

\$60 (Instructor Camp Only. Must have current American Red Cross Lifeguard Certification with California Title 22.)

### **REFUND POLICY:**

***Refunds must be requested prior to the first day of camp. No refunds will be granted after the first class starts. There is a minimum six-week processing period for all refunds.***

### **REGISTRATION LOCATION:**

City of Covina Parks & Recreation Department office at 1250 N. Hollenbeck Avenue, (located between Covina Blvd. and Arrow Hwy), hours are 10 am-5:45 pm, Monday-Thursday and alternate Fridays, (626) 384-5340.

***Please note:*** A Parent or Guardian must be present at time of registration for participants under age 18.

### **PREREQUISITES FOR LIFEGUARD CAMP**

1. Must be able to swim 500 yards continuously using these strokes in the following order:

- a. 200-yard front crawl using rhythmic breathing and a stabilizing propellant kick (rhythmic breathing can be performed either by breathing to the side or to the front)
  - b. 100-yard breaststroke
  - c. 200-yard front crawl using rhythmic breathing or breaststroke
2. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 10 feet, retrieve a 10-pound brick and return to the surface, and swim 20 yards back to the starting point.

## **EMPLOYMENT INFORMATION**

Completion of the Lifeguard and Instructor Camps does not guarantee employment with the City of Covina. All candidates that are 15 years old must have completed their sophomore year in high school or minimum of two years in the City of Covina Junior Lifeguard Program in order to be considered for Lifeguard or Lifeguard/Instructor positions. If interested in employment, candidates must complete an application for Lifeguard, Lifeguard/Instructor or Assistant Pool Manager at:

City of Covina

Human Resources Department

125 E. College Street

Hours: Monday-Thursday, 7 am-6 pm and closed Fridays

For employment application information or to apply online, please visit [www.covinaca.gov](http://www.covinaca.gov) or call (626) 384-5555. Applications must be submitted by Monday, April 9, 2012.

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